

Leo ulitoa sampuli ambao itapimwa COVID-19. Ikiwa matokeo yako ya mtihani uonesha wewe ni mgonjwa, Muuguzi wa Afya ya Umma atakupigia simu kwa siku chache, na utapata barua ndani ya wiki moja. Ikiwa matokeo yako ya mtihani ni mazuri, utapata barua ndani ya wiki moja.

Je! Unaweza kufanya nini wakati unangojea matokeo yako?

Ikiwa una COVID-19 au la, unapaswa kila mara ku:

- Weka umbali wa futi 6 kutoka kwa wengine unapokuwa nje.
- Vaa kofia ya uso wa kitambaa ikiwa huwezi kuzuia mawasiliano ya karibu na watu wengine.
- Osha mikono yako mara nyingi kwa angalau sekunde 20 na sabuni na maji au tumia sanitizer inao kileo juya mikono ikiwa sabuni na maji hazipatikani.
- Funika kikohazi chako na kupiga chafya na kitambaa chako au tishu na kutupa tishu hizo kwenye takataka.
- Epuka kugusa macho yako, pua na mdomo.
- Mara kwa mara Usafishe na kupanguza na dawa nyuso ya vitu.

Matokeo ya mtihani yako yana maanisha nini?

Ikiwa matokeo yako ni mazuri:

- Endelea kuchukua hatua za kuzuia ilio hapo juu kuzuia kusambazwa kwa COVID-19.
- Pigia simu mtoaji wako wa huduma ya afya mara moja ikiwa unaanza kuwa na dalili za COVID-19. Inawezekana unahitaji kupimwa tena. Dalili ni pamoja na:
 - Homa
 - Kikohazi
 - Ufupi wa kupumua au ugumu wa kupumua
 - Chili
 - Tetemeko mara kwa mara na baridi
 - Maumivu ya misuli au munofu
 - Maumivu ya kichwa
 - Kidonda au kuumwa cha koo
 - Upotezaji mpya wa ladha au harufu

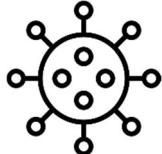
Swahili

- **Kumbuka: Matokeo kutoka kwa kipimo ya leo yatakuambia ikiwa umeambukizwa au unaugua leo.** Inawezekana kuwa utapimwa na kupatwa na ugonkwa wakati ujao. Kulingana na uchambuzi wa Kikosi cha kufanya kazi cha Serolojia ya Idara ya Afya, upimaji serologic (pia inajulikana kama antibody) bado sio sahihi kabisa kuwapa watu habari za kuaminika kuhusu afya zao.

Ikiwa matokeo ya mtihani yako ni mabaya:

- Mtoaji wako wa huduma ya afya atazungumza nawe juu ya utunzaji wako na matibabu ya dalili yoyote.
- Kaa nyumbani hadi uongee na mtoaji wako wa huduma ya afya.
- Idara ya Afya itakufuata na kukujulisha ni lini unaweza kurudi ku shughuli zako za kawaida. Pia watazungumza na wewe juu ya ndugu na rafiki zako wa karibu.

Pata habari zaidi katika healthvermont.gov/COVID-19



Today you gave a specimen that will be tested for COVID-19. If your test result is positive, a Public Health Nurse will call you in a few days, and you will get a letter in the mail within a week. If your test result is negative, you will get a letter in the mail within a week.

What can you do while you wait for your results?

Whether you have COVID-19 or not, you should always:

- Keep a 6-foot distance from others when you are out.
- Wear a cloth face mask if you cannot avoid close contact with other people.
- Wash your hands often for at least 20 seconds with soap and water or use an alcohol-based hand sanitizer if soap and water are not available.
- Cover your coughs and sneezes with your sleeve or a tissue and throw the tissue in the trash.
- Avoid touching your eyes, nose and mouth.
- Routinely clean and disinfect frequently touched surfaces and objects.

What do your test results mean?

If your results are negative:

- Continue taking the prevention steps above to stop the spread of COVID-19.
- Call your health care provider right away if you start to have symptoms of COVID-19. You might need to be tested again. Symptoms include:
 - Fever
 - Cough
 - Shortness of breath or difficulty breathing
 - Chills
 - Repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat
 - New loss of taste or smell
- Remember: Results from today's test will tell you if you are infected or sick today. It is possible that you could test positive in the future. Based on an analysis by the Health Department's Serology Working Group, serologic (also known as antibody) testing is not yet accurate enough to give individuals reliable information about their health.

If your results are positive:

- Your health care provider will talk to you about your care and treatment of any symptoms.
- Stay home until you speak with your health care provider.
- The Health Department will follow up with you and let you know when you can return to your regular activities. They will also talk to you about your close contacts.

Get more information at healthvermont.gov/COVID-19.